

LOW NICKEL DIET

It is not necessary to restrict intake of the following foods

The following food items have a high nickel content

Grains and grain products

Breakfast foods made from rice
Cakes and biscuits *not* containing
almonds or other nuts, cocoa,
or chocolate
Cornflakes
Cornmeal
Cornstarch
Macaroni
Popcorn
Rice (polished, white rice in moderation)
Spaghetti
Wheat flour
Whole grain rye and wheat bread (in moderation)

Bran
Buckwheat
Millet
Muesli and other similar breakfast cereals
Multi grain breads
Oat Meal
Rice (unpolished)
Rye bran
Sesame seeds
Sunflower seeds
Wheat bran and other bran and fiber products,
including cereals, bran biscuits, fiber tablets

Fruit, berries

Bananas (in moderation)
Berries (all *except* raspberries)
Peaches
Pears
Raisins
Rhubarb

Dates
Figs
Pineapple
Prunes
Raspberries

Drinks

Alcoholic beverages (distilled products and drinks
made from these)
Carbonated beverages
Coffee and tea (not too strong and in moderation)

Chocolate and cocoa drinks
Tea from drink dispensers

Miscellaneous

Margarine
Yeast

Almonds
Baking powder (in large amounts)
Hazelnuts and other nuts
Peanuts
Sweets containing chocolate, marzipan, nuts, strong
licorice
Vitamins containing nickel

Various food items and drinks can aggravate nickel dermatitis even though the nickel content of these foods may be low. These include beer, wine (in particular, red wine), herring, mackerel, tuna, tomato, onion, carrot, and certain fruits, in particular, apples and citrus fruits (juice). These vegetables can usually be tolerated when cooked.

The first liter of water taken from the tap in the morning should not be used in food preparation, as nickel may be released from the tap during the night. Nickel-plated kitchen utensils, such as egg beaters and tea balls, should be replaced.

Acid foods such as stewed fruits and rhubarb cooked in stainless steel utensils should be avoided. The acids in the foods can cause nickel to be released from the utensils. Canned foods should be eaten only in moderation.

Hand dermatitis that is affected by nickel in food will also be made worse by other conditions. Prolonged physical contact with nickel-plated items should be avoided. Other substances that can irritate sensitive skin, such as soapy water, household cleaning agents, raw fruits and vegetables, garden soil, and oil products used in repair work, should also be avoided.

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It is possible that the kind of dermatitis you have will improve if you follow a diet that is low in nickel. Although nickel cannot be completely removed from the food you eat, it is possible to reduce nickel intake by half by avoiding foods with a high nickel content. The dermatitis will probably not clear completely during the diet period, but you are likely to see fewer and shorter flares.

To determine whether you can benefit from diet treatment, the diet instruction sheet must be followed carefully for 1 to 3 months. It is important not to begin the diet at a time when you anticipate travel abroad or plan to participate in many social activities.

If your dermatitis clears or improves considerably after 1 to 3 months of following the diet, you can adjust the instructions as follows: Follow the diet strictly when eating at home, and adapt it to suit the circumstances when eating out. It is important to continue at all times to avoid those foods that have a very high nickel content. These include bran, oats, buckwheat, soy, legumes (in particular dried legumes, such as dried peas and beans), chocolate, cocoa, all kinds of nuts (including peanuts), and licorice. If you decide to break the diet with any of these foods, eat them in very small amounts.

If you find it difficult to satisfy your appetite, it is best to supplement meals with foods containing very little nickel, for example, milk products, meat, potatoes, and cooked carrots.

If after following the diet for 1 to 3 months you see no improvement in your dermatitis, the diet should be discontinued.

Diet instruction for the reduction of nickel intake:

It is not necessary to restrict intake of the following foods	The following food items have a high nickel content
	<u><i>Meat, fish, poultry</i></u>
Eggs	Shellfish like shrimp, mussels and crawfish
Fish	
Meat (all kinds)	
Poultry	
	<u><i>Dairy products</i></u>
Butter	Chocolate milk
Cheese	
Milk in all forms	
Yogurt (unflavored)	
	<u><i>Vegetables</i></u>
Asparagus	Beans (green, brown, white)
Beets, red	
Broccoli	Kale
Brussels sprouts	Leeks
Cabbage, white	Lettuce
Cauliflower	Lentils
Chinese cabbage	Peas (green and split)
Corn	Soy protein powder (used in sausages, sandwich
Cucumber	meat, products made from minced meat, bread
Dill	soup concentrates, bouillon)
Eggplant	Spinach
Garlic (in moderation)	Sprouts made from beans and alfalfa
Mushrooms	
Onions (in moderation)	
Parsley	
Peppers, green, red	
Potatoes	

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated.
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.

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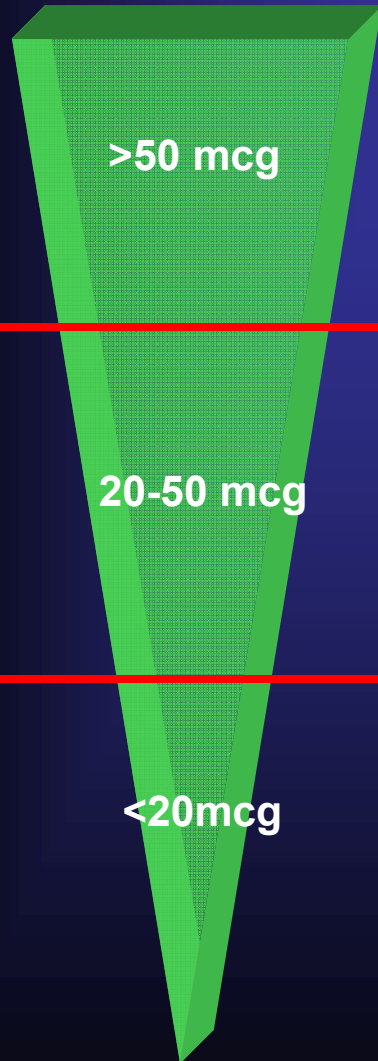
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Nickel Pyramid



Soybean, Boiled ~ 1 cup: 895mcg
Cocoa, 1 tbsp: 147 mcg
Cashew, ~ 18 nuts: 143 mcg

Figs ~5: 85 mcg
Lentils ½ cup cooked: 61 mcg
Raspberry: 56 mcg

Vegetables, canned ½ cup: 40 mcg
Lobster 3 oz: 30 mcg
Peas Frozen, ½ cup: 27 mcg

Asparagus, 6 spears: 25 mcg
Oat Flakes 2/3 cup: 25 mcg
Pistachios, 47 nuts: 23 mcg

Strawberries, 7 med: 9 mcg
Bread wheat, 1 slice: 5 mcg
Poultry, 3.5 oz: 5 mcg
Carrots, 8 sticks: 5 mcg
Apple, 1 med: 5 mcg

Cheese 1.5 oz: 3 mcg
Yogurt, 1 cup: 3 mcg
Mineral water, 8 fl oz: 3 mcg
Mushroom raw, ½ cup: 2 mcg
Corn Flakes, 1 cup: 2mcg